

A Study of Anxiety, Depression, Stress and Psychological wellbeing among Urban and Rural college students

Dr. Seema Suresh Bari.

Assistant Professor in Department of Psychology
at Danaji Nana College,

Dr. Shashikant Khalane.

(Research Guide),

Associate Professor, Head of the Department of Psychology
at Z.B. Patil College, Dulhe .

Abstract:

Study was undertaken to study the Anxiety, Stress, Depression and Psychological wellbeing of urban and rural college students of district Jalgaon (M.S.). The sample of the study Consisted 400 college students (200 urban students and 200 rural students). Randomly selected from Colleges of Jalgaon District (M.S.). Anxiety, Depression & Stress Scale (ADSS-BSPSA) & Psychological wellbeing scale (PWBS-SDCP) was used for data collection. The collected data was statistically calculated by using mean, SD and ANOVA. The findings of the study revealed that there is significant difference between urban and rural college students on Anxiety, Stress, Depression and psychological well-being. Furthermore, the results highlight that urban college student has high psychological well-being, Life satisfaction and Efficiency, then rural college students. Rural college students have high mental health, and sociability, interpersonal relations than urban college students.

Key word: Anxiety, Stress, Depression and Psychological wellbeing and urban and rural college students.

1. Introduction:

Toady's is also an age of machines. Almost every work is done by machine. But the child is not a machine. Teenagers own personality having love, concern, affection and feelings. Hays D. T. (1952), Kocit H. L. (1960) found in their research that parents of the only child overprotects him/her. S. Claven (1968) also found in his research that some parents overprotect their children. Such children develop uneasiness, impulsivity, anxiety, dependence, lack of confidence. Now-a-days increasing numbers of incidents of suicide cases of teenager's students are read in the news papers and media. Reasons may be different but somewhere anxiety, depression, nervousness, submissiveness, tender mildness, gap between the child and parents are responsible. The researcher thinks these factors to be studied so the present research is undertaken. We in India are facing a serious epidemic. It's the large number of student suicides prevalent in the country.

According to NIMHANSThe COVID-19 pandemic has led to significantly increased levels of stress at community, this distress may stem from the uncertainty of their own as well as their family's health, wellbeing and these could increase the suicide risk. People with pre-existing psychological problems, psychiatric disorders (depression, anxiety and specially alcohol dependence) may be more vulnerable to suicide risk. According to National Crime Records Bureau (NCRB) 2018, 'Family Problems' and 'Illness' were the major causes of suicides which accounted for 30.4% and 17.7% of total suicides respectively during 2018. 'Marriage Related Issues' (6.2%), 'Drug Abuse/Addiction' (5.3%) 'Love Affairs' (4.0%), 'Bankruptcy or Indebtedness' (3.7%), 'Failure in Examination' and 'Unemployment' (2.0% each), 'Professional/Career Problem' (1.3%) and 'Property Dispute' (0.9%) were other causes of suicides. Why teenagers are motivated towards death? It is increasingly seen that mental stress, anxiety, depression, stress is developing in children. Psychological wellbeing means the positive psychological functioning of the individual. Can students with psychological wellbeing possess good mental health, maintain good relationship with other individuals. Considering these entire aspects researcher feels the need to do research on this topic.

1.1. Need and Significance of the study: Present study shows significance of establishing the consulting centers in Indian colleges to diagnose, care, therapy and prevention of anxiety, depression in college students. Present study shows significance of guidance and counseling to parents (especially with the mothers) whose children suffer from depression. This guidance and counseling can help parents having depressed children to care of them.

The result is a warning for parents having low or high education level, as it has proved that majority of depressed students had illiterate or low-educated parents, and also depression had negative influence on academic achievement of students with higher-educated parents, in this regard the role of the mothers was more critical than the fathers. Urban college students' high psychological wellbeing than Rural College Students.

1.2. Review of Related Literature:

M.K. Sultania, Rekha Kumari and Annapurna Kumari ., 2008: This study attempts to find out Anxiety, Hostility and Depression among College Students . Descriptive survey method was followed with a random sample of 200 males and 200 females students of college students. They found that the females were found to be significantly higher on these variables than male counter parts.

Rathi (2007) examined that male and female student of adolescence period did not differ significantly in their wellbeing.

Gill (2007) found that there was no significant difference between male and female college students on psychological wellbeing.

Jasraj kaur (2015) indicated that there was no significant difference between psychological wellbeing of male and female high schools' students.

Akter (2015) reported females to be higher on psychological wellbeing than male.

Kotar (2013) found that there is no significant mean difference between the psychological wellbeing among the male and female college students.

Tony Jose and Akhila Thomas (2005) indicated that there is no significant difference between psychological wellbeing and resilience among Psychology students and Engineering students.

Roshana Shrestha ,Shisir Siwakoti, Saumya Singh, Anmol Purna Shrestha.,2021: This study attempts to find out Impact of the COVID-19 pandemic on suicide and self-harm among patients presenting to the emergency department of a teaching hospital in Nepal.

1.3. Operational Definitions of the Terms Used:

Anxiety -Anxiety is a feeling of fear, dread, and uneasiness.

Depression- Depression is mental disorder, characterized by sadness, loss of interest, feeling of guilt, low self-worth, disturbed sleep, Feeling of tiredness.

Stress-Stress is a feeling of emotional or physical tension.

Psychological wellbeing: Psychological wellbeing means the positive psychological functioning of the individual.

1.4. Objectives:

The objectives of the study were:

- ❖ To study the anxiety, depression and stress among Urban and Rural college students.
- ❖ To study the psychological wellbeing among Urban and Rural college students.
- ❖ To study the anxiety, depression and stress among male and female college students.
- ❖ To study the psychological wellbeing among male and female college students.
- ❖ To find out the relationship between the anxiety, depression, stress and psychological wellbeing among Urban and Rural college students.

1.5. Null Hypotheses:

As per the objectives of the study, following null hypotheses were framed for statistical testing:

There is no significant difference between mean score of anxiety, depression and stress among Urban college students.

There is no significant difference between mean score of anxiety, depression and stress among Rural college students.

There is no significant difference between mean score of anxiety, depression and stress among Urban and Rural college students.

There is no significant difference between mean score of anxiety, depression and stress among male and female college students.

There is no significant difference between male and female college students' dimension on psychological wellbeing.

There is no significant difference between urban and rural college students' dimension on psychological wellbeing.

There is no significant correlation between the anxiety, depression, stress and psychological wellbeing among Urban and Rural college students.

1.6. Methodology:

1.7. Population: All the college students age of 18 to 25 in Jalgaon district was the population of the study.

1.7. Sample: The present study was conducted in college students in Jalgaon district. From 15 Talukas of Jalgaon district 03 talukas were selected by lottery method. Name of the 03 talukas is as following- 1.Jalgaon, 2.Bhusawal, 3. Yawal. From these 3 selected talukas, the students were selected urban and rural area each 200 students (Boys 100 & Girls 100), were randomly selected, total 400 students were selected from total population. So near about 0.1% sample were selected for research study. In this study sample chose multy-stratified simple random sampling method.

1.8. Variables:

Independent variable: Urban and Rural male and female

Dependent variable: Anxiety, depression, stress and psychological wellbeing

1.9. Research design:

Research design to be implemented in the present research is as follow:

2x2 factorial designs use for the present study. Co-relational and between group designs were used for the current study.

A- Gender A1- Male A2- female

B- Location B1- Urban B2- Rural

Table: 1 Variables of the Study

	A		
		A1	A2
B	B1	A1, B1	A2, B2
	B2	A1, B2	A2, B2

Variable	Type of variable	Sub. Variable	Name of variable
Area of Residence	Independent	2	1) Urban 2) Rural
Gender	Independent	2	1) Male 2) Female
Anxiety, Depression & Stress Scale	Dependent	3	1) Anxiety 2) Depression 3) Stress
Psychological well being	Dependent	5	1) Life Satisfaction 2) Efficiency 3) Sociability 4) Mental health 5) Interpersonal Relation

1.10. Research Tool: -

Aspect	Name of the Test	Author	Reliability/, Validity
Anxiety, Depression & Stress	Anxiety, Depression & Stress Scale (ADSS)	Pallavi Bhatnagar Megha Sing Manoj Pandey Sandhya Amitabh	The test –retest reliability coefficient 0.86 internal consistency coefficient is 0.72
Psychological well being	Psychological well-being scale.	Dr .Devendra Sing Sisodiya Ms. Pallavi Bhatnagar	The test –retest reliability coefficient is 0.72 and internal consistency coefficient is 0.84.

Procedure: -

The following research methodology was used in the present study. The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each

scale. The students provided the Anxiety, Depression & Stress Scale (ADSS) and psychological wellbeing scale.

1.11. Statistical Analysis:

the data were analyzed as follows. The Mean and SD with graphical representation for Gender (Male and Female College Students) on Anxiety, Depression & Stress and psychological wellbeing was analyzed. A simple design was selected to adequate of statistical analysis of ANOVA.

1.12. The results & Discussion:

Table No.01 Show the mean, SD and F value of Anxiety, Depression & Stress and Gender of Urban.

Gender	Mean	SD	N	DF	F	Sign
Male	5.24	3	100	198	1.02	0.01
Female	6.25	3.1	100			

(Critical value of “F” with df 198 at 0.01 = 6.85 and at 0.05 = 3.92)

Observation of the table No.01 indicated that the mean value of two classified group seems to differ from each other on Anxiety, Depression & Stress. The mean and SD value obtained by the Urban college students 5.24, SD 3 and female students was 6.25, SD 3.1, but on the basis of mean observation it would that mean difference 1.01. Both group ‘F’ ratio was 1.02, at a glance those female student shows high score than male students. In the present study was first hypothesis related Anxiety, Depression & Stress and Gender of Urban. It was “There is no significant difference between mean score of anxiety, depression and stress among Urban college students. Gender effect represent the anxiety, depression and stress was significant (F- 1.02, 1 and 198, P- 0.01 and 0.05). This is not significant 0.01 and 0.05 levels because they obtained ‘F’ value are low than table values at 0.01 and 0.05. In the present study was found that urban college students not differ from anxiety, depression and stress. They are first hypothesis accepted the present study. It means that female college students' high anxiety, depression and stress then male Urban college Students.

Table No.02 Show the mean, SD and F value of Anxiety, Depression & Stress and Gender of Rural

Gender	Mean	SD	N	DF	F	Sign
Male	7.43	3.12	100	198	1.25	0.01
Female	8.25	3.45	100			

Critical value of “F” with df 198 at 0.01 = 6.85 and at 0.05 = 3.92)

Observation of the table No.02 indicated that the mean value of two classified group seems to differ from each other on Anxiety, Depression & Stress. The mean and SD value obtained by the Rural college students 7.43, SD 3.12 and female students was 8.25, SD 3.45, but on the basis of mean observation it would that mean difference 0.82. Both group ‘F’ ratio was 1.25, at a glance those female student shows high score than male students. In the present study was first hypothesis related Anxiety, Depression & Stress and Gender of Rural. It was “There is no significant difference between mean score of anxiety, depression and stress among Rural college students. Gender effect represent the anxiety, depression and stress was significant (F- 1.25, 1 and 198, P- 0.01 and 0.05). This is not significant 0.01 and 0.05 levels because they obtained ‘F’ value are low than table values at 0.01 and 0.05. In the present study was found that rural college students not differ from anxiety, depression and stress. they are second hypothesis accepted the present study. It means that female college students high anxiety, depression and stress then male Rural college Students.

Table No.03 Show the mean, SD and F value of Anxiety, Depression & Stress and Gender of Urban and Rural .

(Critical value of “f” with df 398 at 0.01 = 6.63 and at 0.05 = 3.84)

Observation of the table No.03 indicated that the mean value of two classified group seems to differ from each other on Anxiety, Depression & Stress. The mean and SD value obtained by the Urban college students 19.55, SD 5.42 and Rural College students was 21.65, SD 6.15, but

Gender	Mean	SD	N	DF	F	Sign
Urban Students	19.55	5.42	200	398	41.02	0.01
Rural Students	21.65	6.15	200			

on the basis of mean observation it would that mean difference 2.1. Both group ‘F’ ratio was 41.02, at a glance those rural college student shows high score than urban college students. In the present study was third hypothesis related Anxiety, Depression & Stress and Gender of Urban and Rural. It was “There is no significant difference between mean score of anxiety, depression and stress among Urban and Rural college students. This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from Anxiety, Depression & Stress. they are third hypothesis rejected the present study. It means that Rural college students high Anxiety, Depression & Stress than Urban college Students.

Table No.04 Show the mean, SD and F value of anxiety, depression and stress among male and female college students.

(Critical value of “f” with df 398 at 0.01 = 6.63 and at 0.05 = 3.84)

Observation of the table No.04 indicated that the mean value of two classified group seems to differ from each other on Anxiety, Depression & Stress among male and female college students. The mean and SD value obtained by the Male students 20.85, SD 5.12 and Female students was 22.47, SD 6.10, but on the basis of mean observation it would that mean difference 1.62. Both

Gender	Mean	SD	N	DF	F	Sign
Male Students	20.85	5.12	200	398	42.32	0.01
Female Students	22.47	6.10	200			

group ‘F’ ratio was 42.32, at a glance those Female students shows high score than Male students. In the present study was forth hypothesis related Anxiety, Depression & Stress and Gender. It was “There is no significant difference between mean score of anxiety, depression and stress among male and female college students. This is significant 0.01 and 0.05 levels because they obtained ‘F’ value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students differ from Anxiety, Depression & Stress. they are forth hypothesis rejected the present study. It means that female college students high Anxiety, Depression & Stress than male college Students.

Table No.05 Show the mean, SD and F value of male and female college students' dimension on psychological wellbeing.

(Critical value of “f” with df 398 at 0.01 = 6.63 and at 0.05 = 3.84)

The mean and SD value obtained by the Male students 25.85, SD 5.10 and Female students was 27.65, SD 6.12, but on the basis of mean observation it would that mean difference 1.8. Both group ‘F’ ratio was 53.05, at a glance those Female students shows high score than Male students. In the present study was forth hypothesis related psychological wellbeing and Gender. It was “There is no significant difference between male and female college students' dimension on psychological wellbeing.

Gender	Mean	SD	N	DF	F	Sign
Male Students	25.85	5.10	200	398	53.05	0.01
Female Students	27.65	6.12	200			

This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female college students differ from There is no significant difference between male and female college students' dimension on psychological wellbeing. they are fifth hypothesis rejected the present study. It means that female college students high .

Table No.06 Show the mean, SD and F value of urban and rural college students' dimension on psychological wellbeing.

Gender	Mean	SD	N	DF	F	Sign
Urban Students	19.67	4.85	200	398	41.52	0.01
Rural Students	21.85	5.23	200			

Observation of the table No.06 indicated that the mean value of two classified group seems to differ from each other on psychological wellbeing. The mean and SD value obtained by the Urban college students 19.67, SD 4.85 and Rural College students was 21.85, SD 5.23, but on the basis of mean observation it would that mean difference 2.18. Both group 'F' ratio was 41.52, at a glance those rural college student shows high score than urban college students. In the present study was sixth hypothesis related psychological wellbeing and Gender of Urban and Rural. It was "There is no significant difference between urban and rural college students' dimension on psychological wellbeing. This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that urban and rural college students differ from There is no significant difference between urban and rural college students' dimension on psychological wellbeing. they are sixth hypothesis rejected the present study. It means that Rural college students high .There is no significant difference between urban and rural college students' dimension on psychological wellbeing.

Table No.07 Show the correlation between the anxiety, depression, stress and psychological wellbeing among Urban and Rural college students.

Gender	N	Mean	Correlation X ²	Level of Sig		Remark
Urban college students.	200	40.26	15.90	0.01	0.05	Significant & High Level Co-relation
Rural college students	200	43.78		9.21	5.99	

From the Table NO. 7 it may be Observed that the Value of " Test (15.90)

for the correlation between the anxiety, depression, stress and psychological wellbeing among Urban and Rural college students was found to be Significant at 0.01 and 0.05 Level of Significant. And the Mean of Male Student is 40.26 and Female Student is 43.78. And the Value of Test is (15.90). This perusal shows that correlation between the anxiety, depression, stress and psychological wellbeing among Urban and Rural college students is significantly seen at both 0.01 & 0.05 levels of Significance. So " Test is Significant. The test is Significant that Means the Negative and High-Level Co-relation between the anxiety, depression, stress and psychological wellbeing among Urban and Rural college students.

1.13. Delimitations of the study: -

- 1). The finding of the study is based on very sample.
- 2) The sample was restricted to Jalgaon city in Maharashtra.
- 3) The study was restricted to only college students.
- 4) The study was restricted students are only 18-30 years only.

1.14. Conclusions:-

- ★ Urban college Female students' high anxiety, depression and stress then male Urban college Students.
- ★ Rural college Female students' high anxiety, depression and stress then male Rural College Students.
- ★ Rural college students high Anxiety, Depression & Stress than Urban college Students.
- ★ Female college students high Anxiety, Depression & Stress than Male college Students.
- ★ There is no significant difference between male and female college students' dimension on psychological wellbeing.
- ★ There is no significant difference between urban and rural college students' dimension on psychological wellbeing.
- ★ Negative and High-Level Co-relation between the anxiety, depression, stress and psychological wellbeing among Urban and Rural college students.

References: -

- Akinsola, E. &Nwajei, A. (2013). Test Anxiety, Depression and Academic Performance: Assessment and Management Using Relaxation and Cognitive Restructuring Techniques. *Psychology*, 4, 18-24. doi: 10.4236/psych.2013.46A1003.
- Al-Qaisy, L. M. (2011). The relation of depression and anxiety in academic achievement among group of university students. *International Journal of Psychology and Counseling*, 3(5), 96-100 .
- American Psychological Association. (2004). Guidelines for psychological practice with older adults. *American Psychologist*, 59, 236—260. doi:10.1037/0003-066X.59.4.236
- Bryant, A.N. (2007). Gender differences in spiritual development during the college years. Springer Science. Doi:10/1007/s11199-007-9240-2. Retrieved from.
- Tony Jose and Akhila Thomas (2005) “Resilience and Psychological Wellbeing Among Psychology Students and Engineering Students- A Comparative Study”, *International Journal Scientific Research (IJSR)*, 4, (6), 498-499.